

Action on weight management in cancer – developing an evidence base to support intervention trials – views from the NIHR Cancer and Nutrition Collaboration research group on cancer prevention and screening



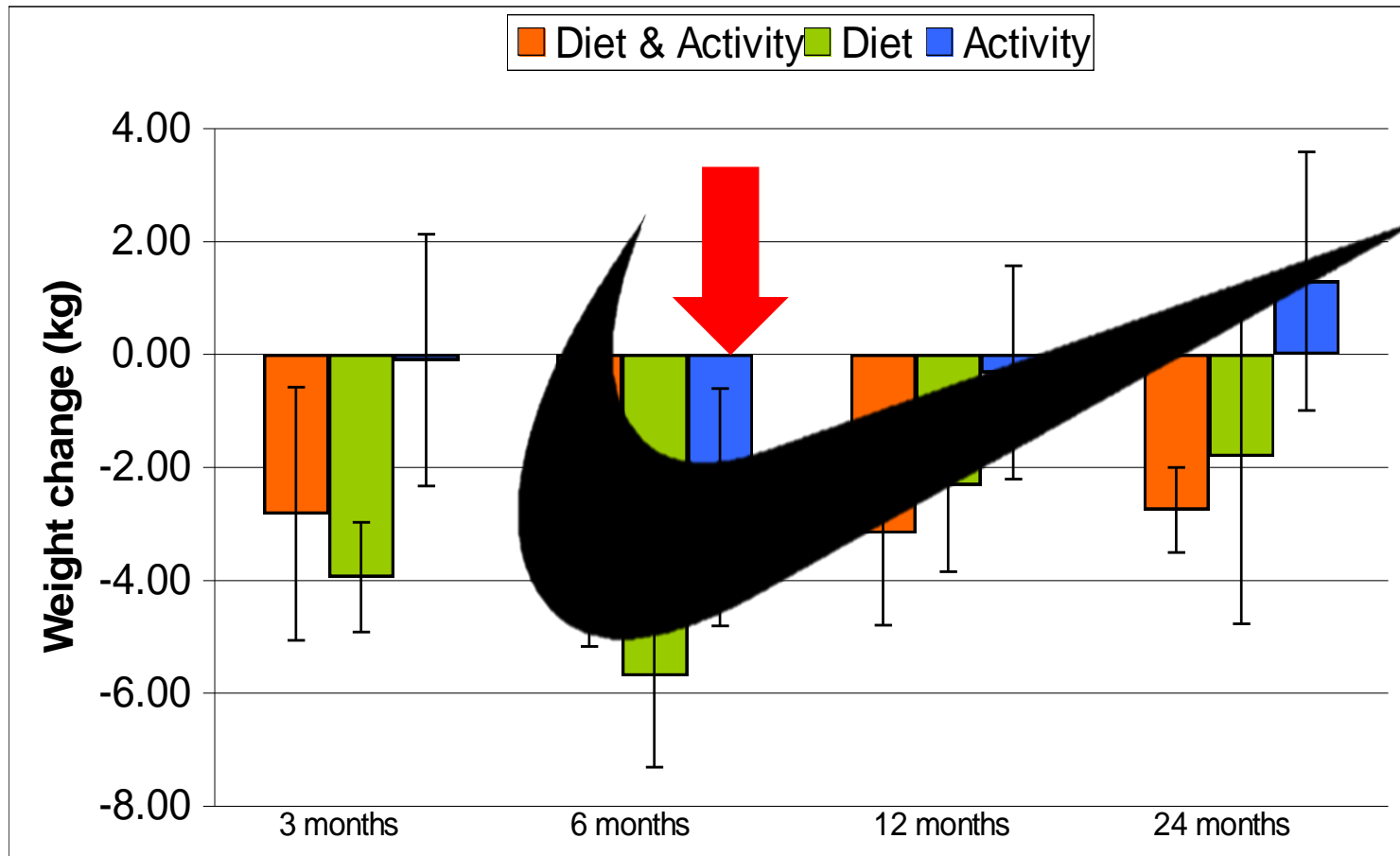
Weight Loss Interventions for Trials: The Example of DiRECT

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Dr Lucia Rehackova @LRehackova

From Newcastle. **For the world.**

Effectiveness of Behavioural Weight Loss Interventions in adults with obesity and additional health risk factors





1 why many weight loss attempts
fail



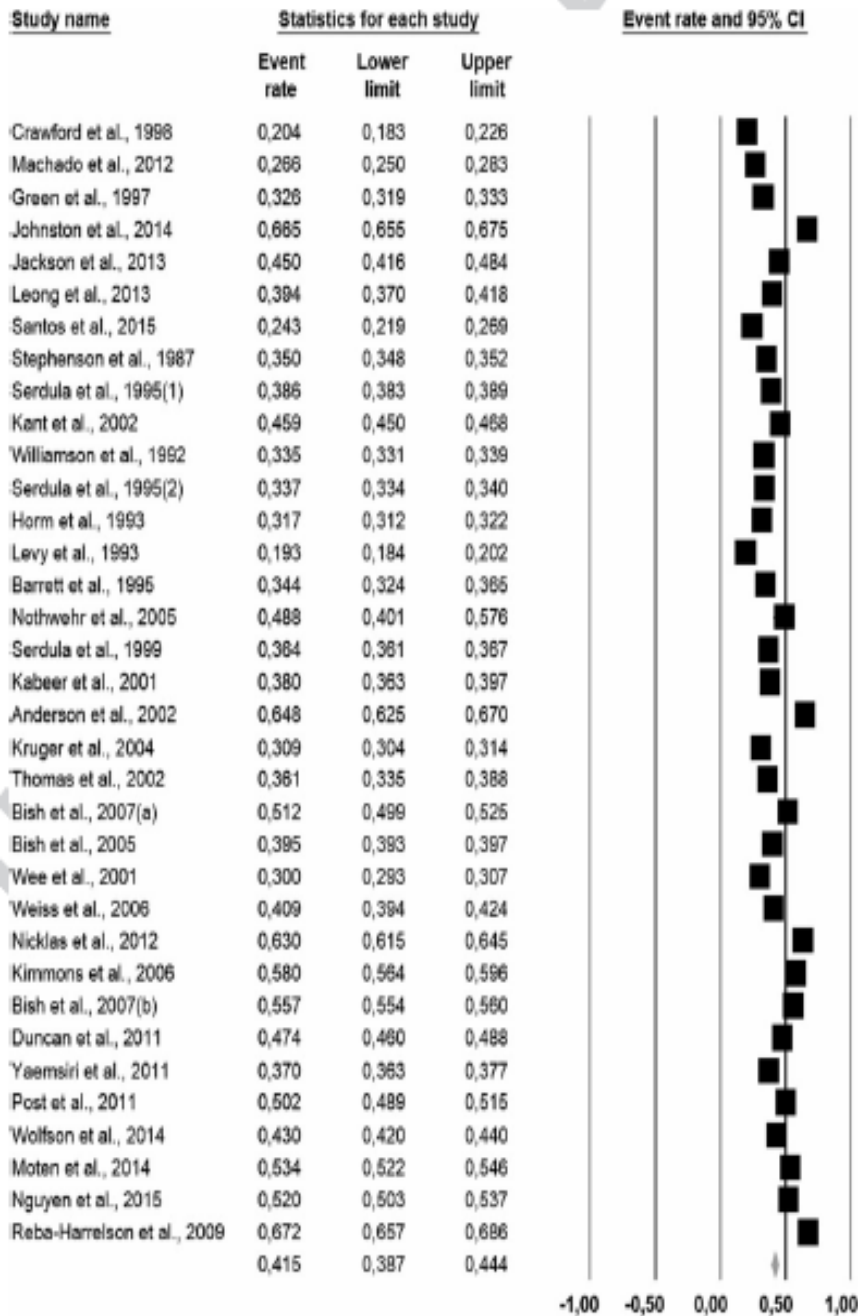
THE SCOTSMAN

SCOTLAND'S NATIONAL NEWSPAPER

Annie Anderson: We have created an 'obesogenic' world



Annie Anderson: We now have a growing body of evidence to show that weight management can prevent diabetes. Picture: contributed

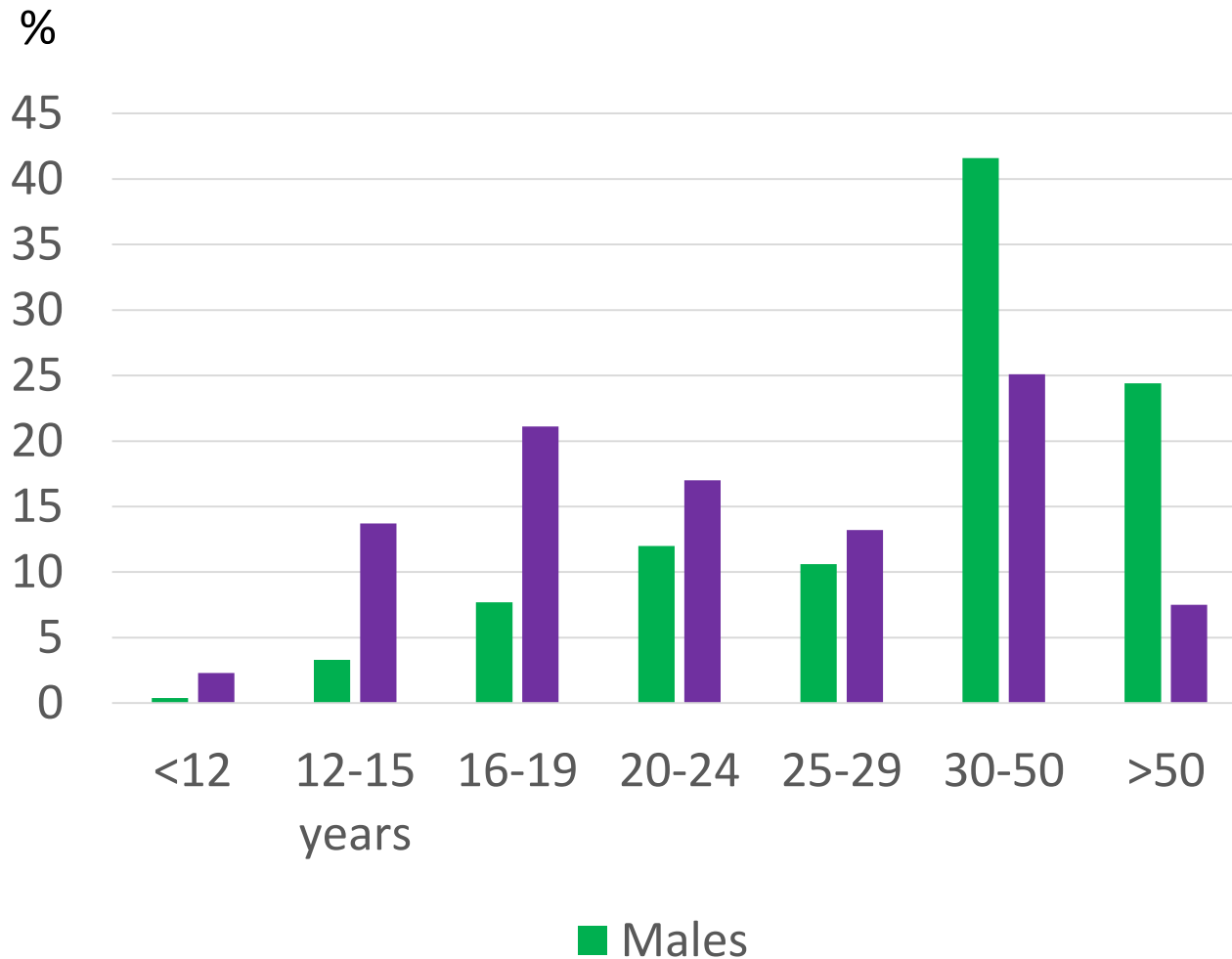


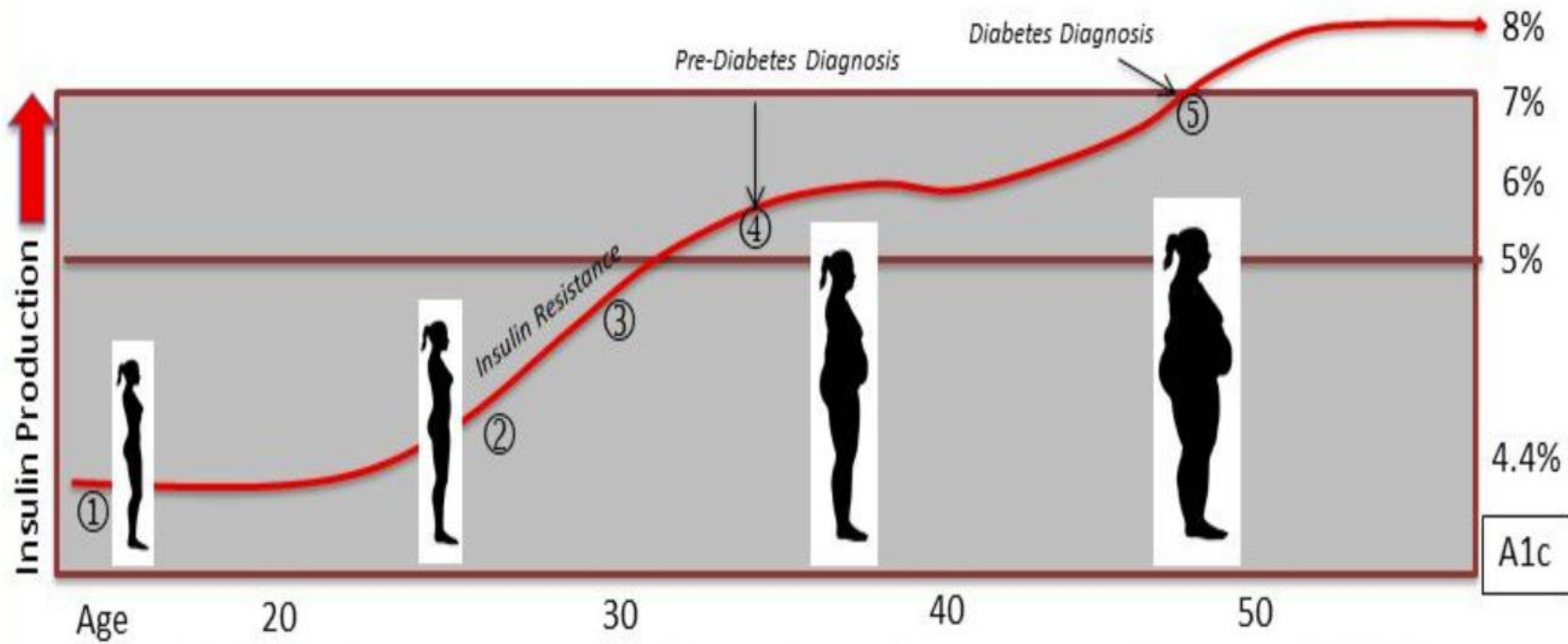
Over 250 million
Europeans make a
weight loss attempt
each year

£220 billion
Global turnover of the
weight loss industry in
2017

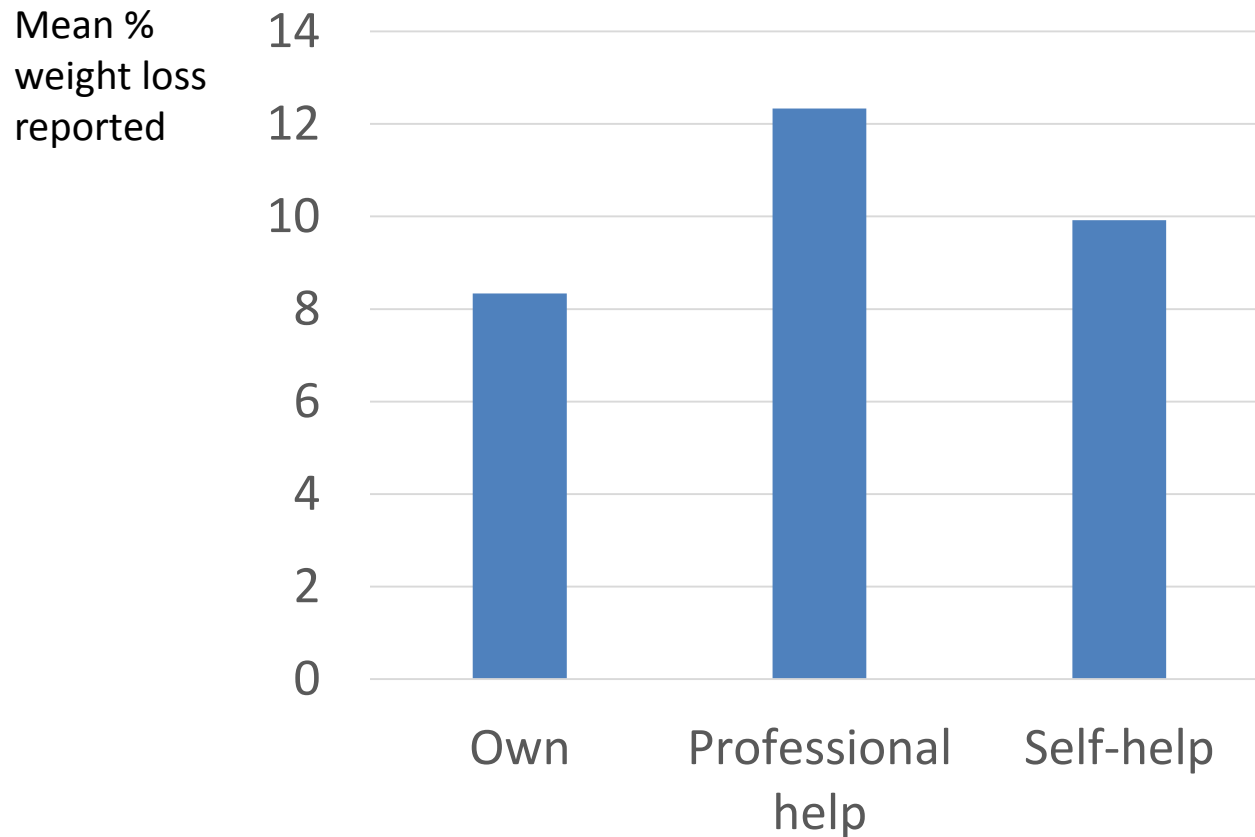
Santos I, Sniehotta FF, Marques MM, Carraca EV & Teixeira PJ (2017). Prevalence of personal weight control attempts in adults: a systematic review and meta-analysis. *Obesity Reviews*.

Age at first weight loss attempt





Reported % weight loss by method



% using Weight loss
method:

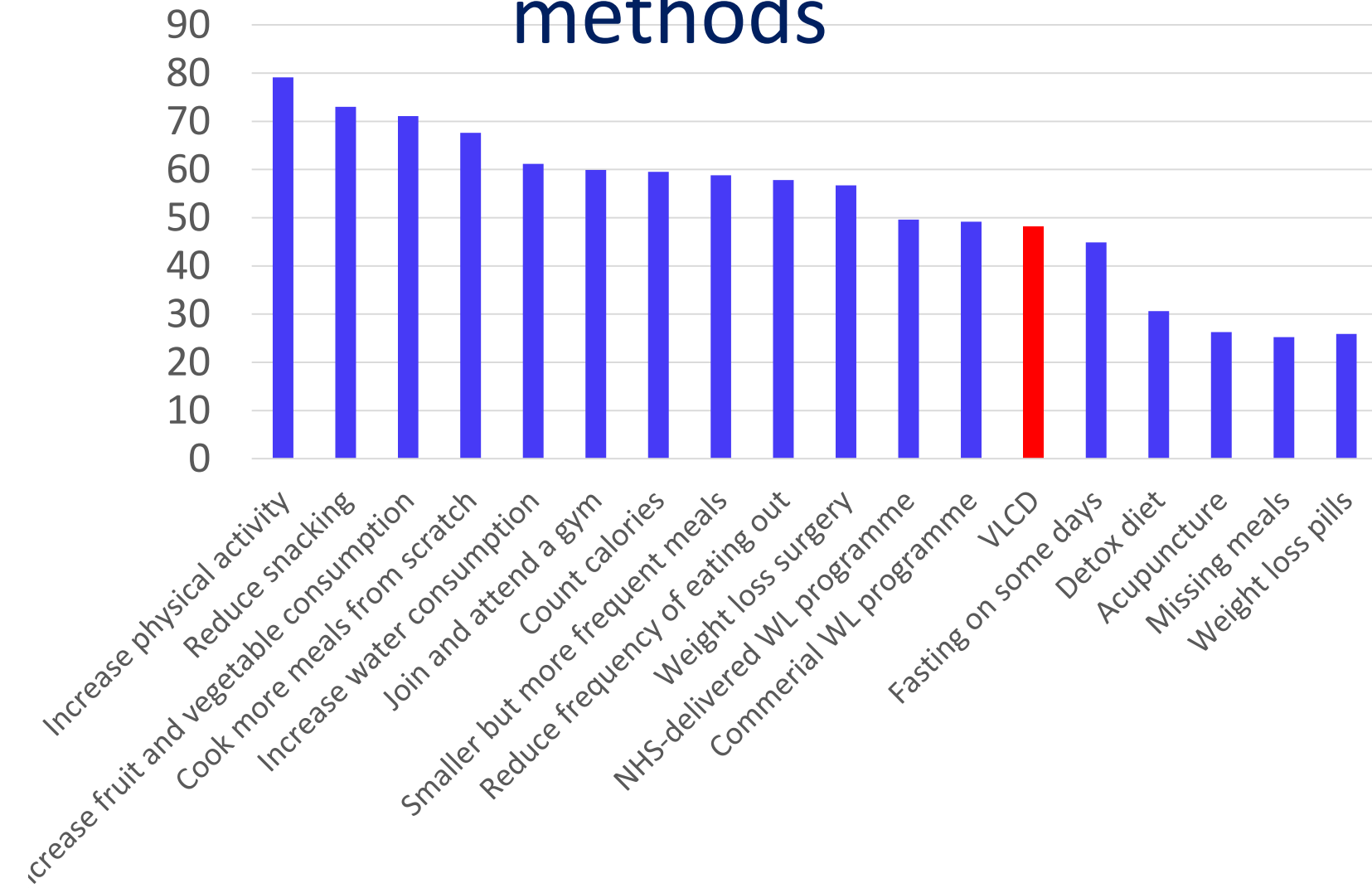
74%

12.4%

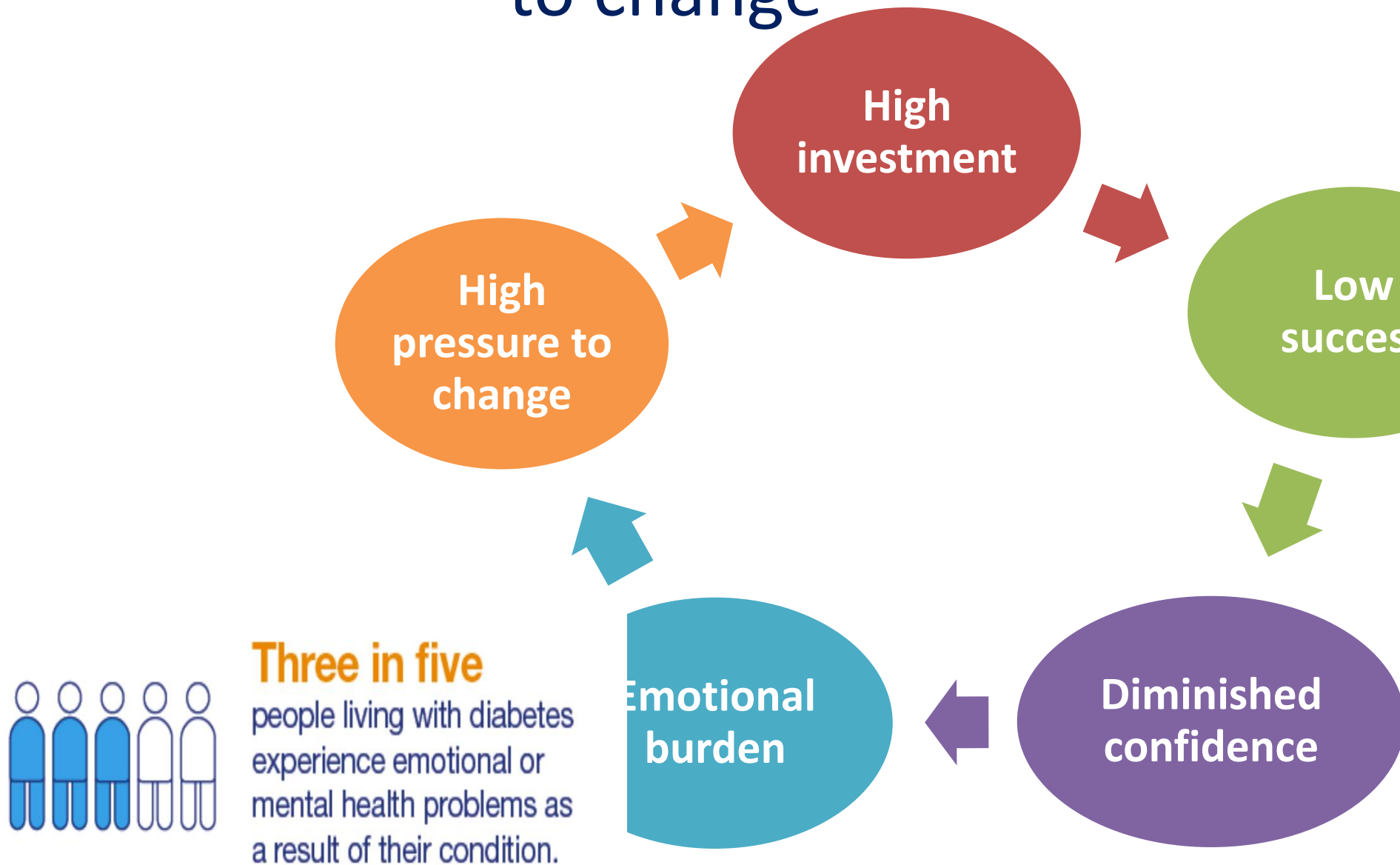
13.6%

Based on UK population representative IPSOS Mori survey

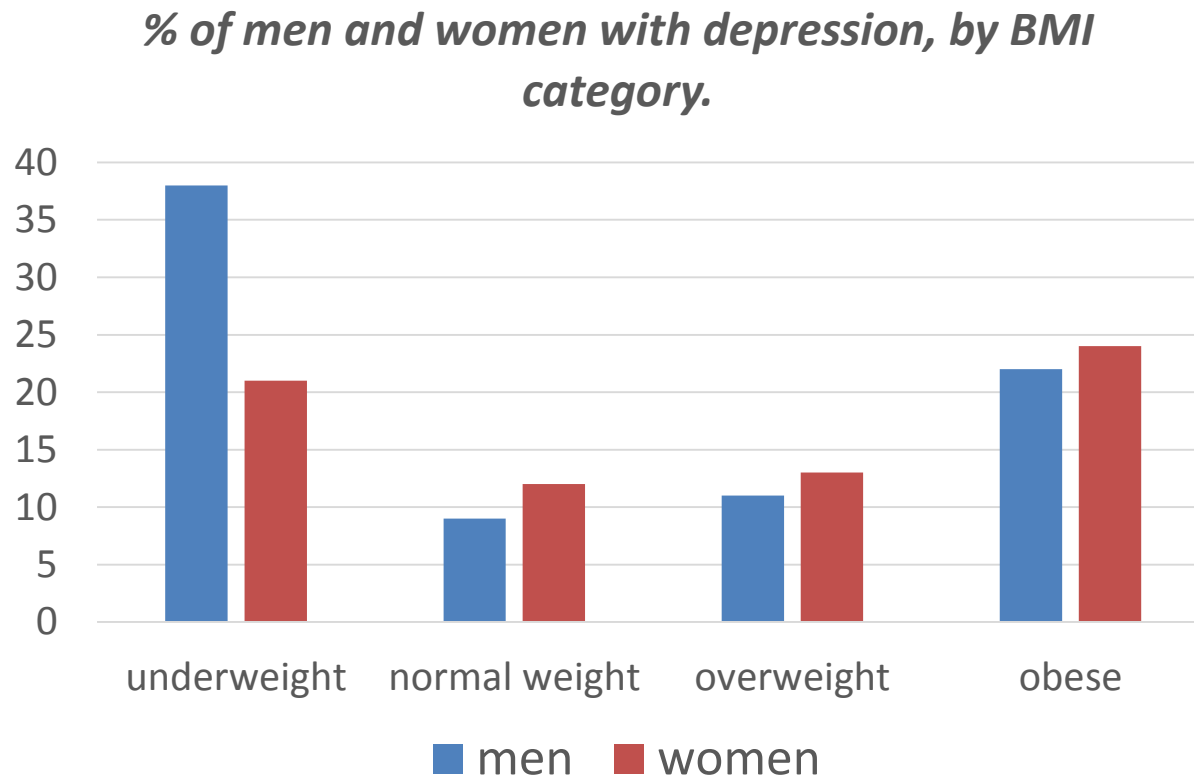
Perceived effectiveness of WL methods



Weight management history as barrier to change

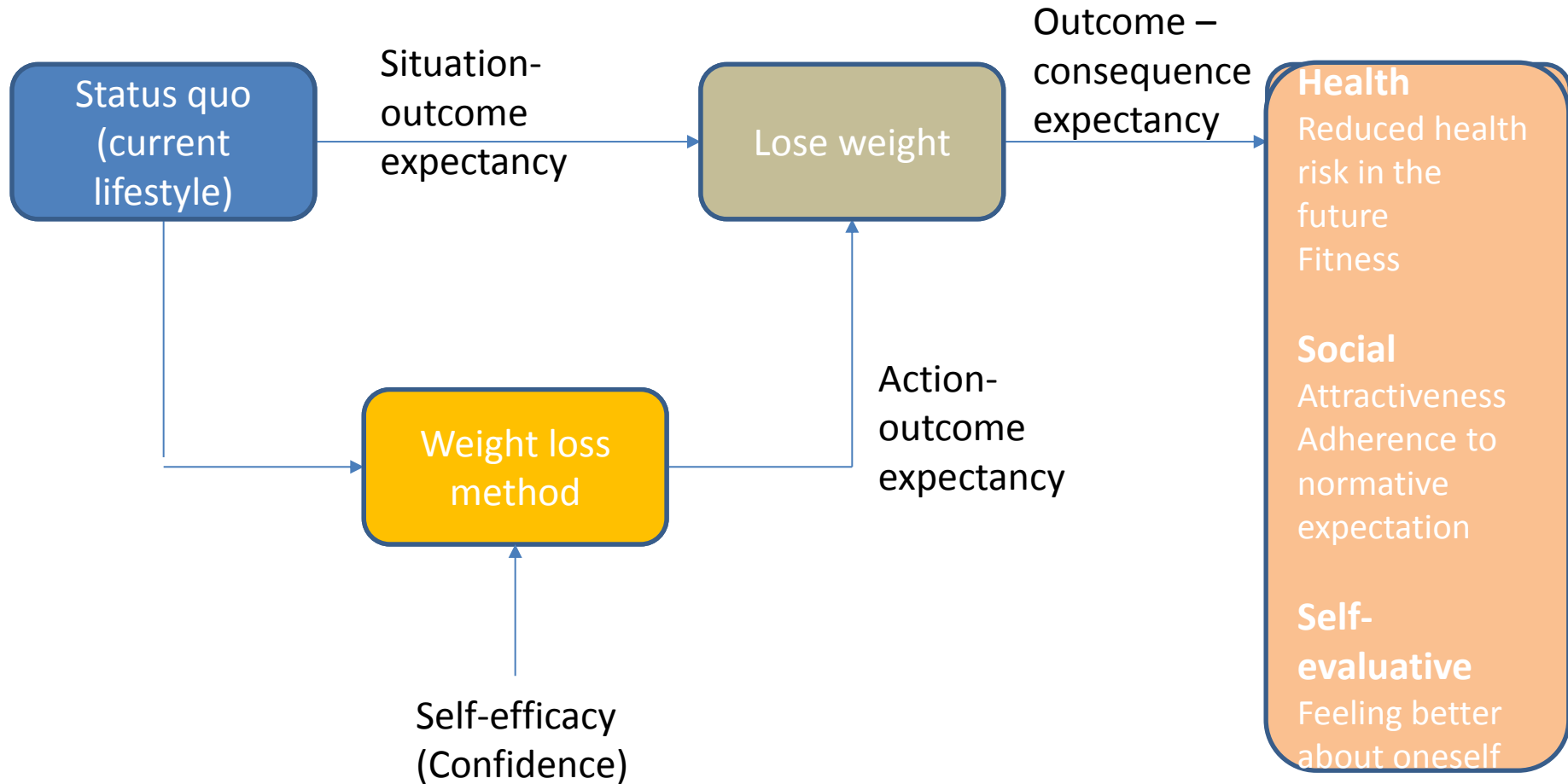


Prevalence of depression by weight



M Carey, H Small, SL Yoong, Al Boyes, A Bisquera, R Sanson-Fisher (2014). Prevalence of comorbid depression and obesity in general practice: a cross-sectional survey. *British Journal of General Practice*

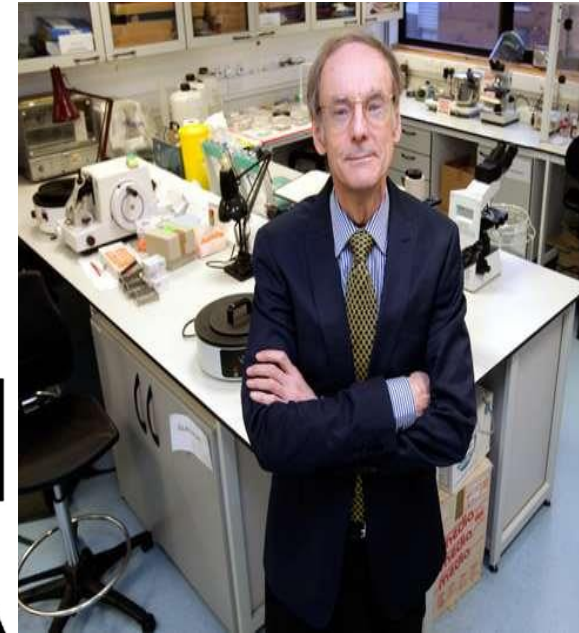
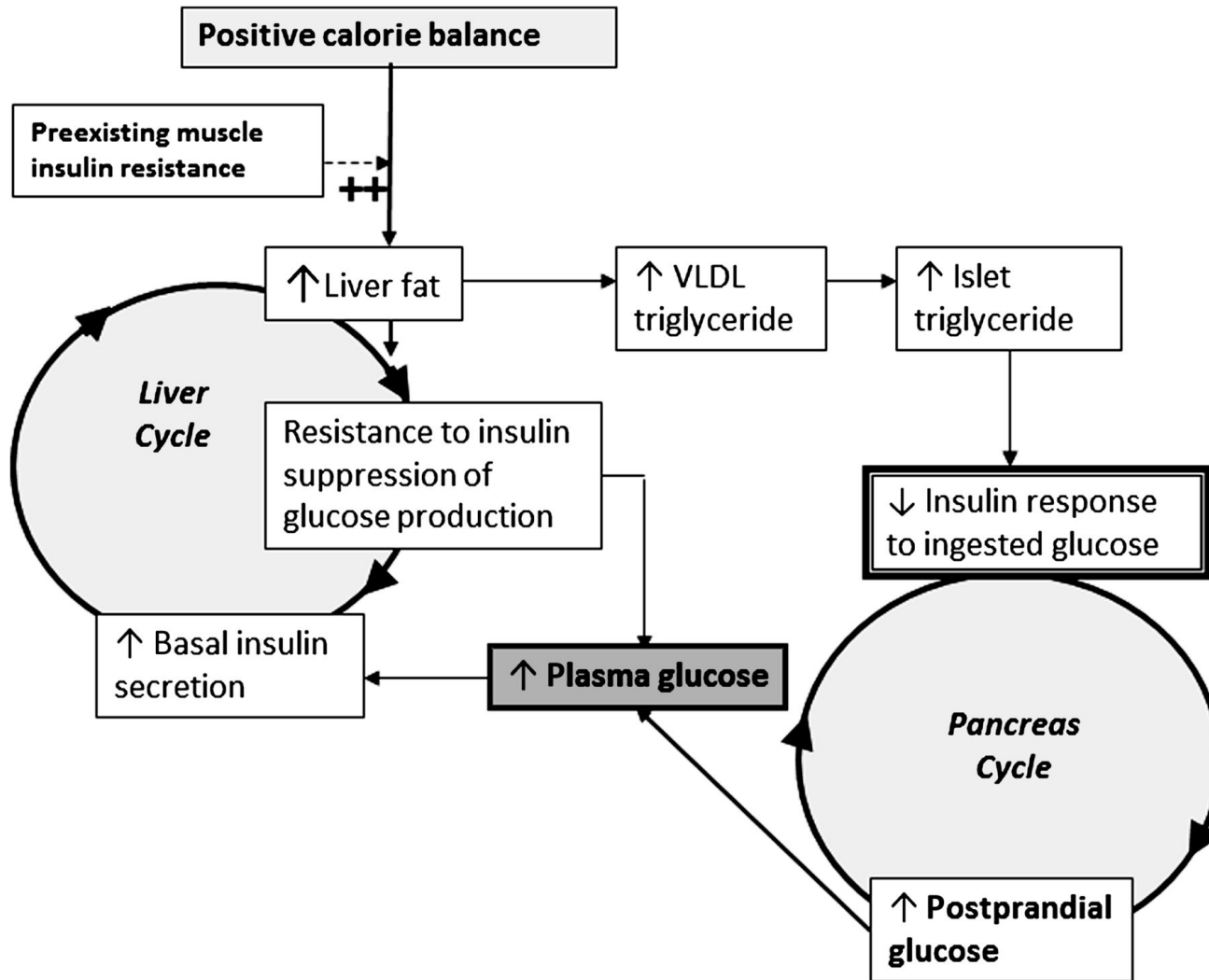
Motivation Theory





2 an intervention that worked well:
DiRECT

Remission Diabetes Type 2



Taylor R (2013) Banting Memorial lecture 2012: reversing the twin cycles of type 2 diabetes. Diabet Med

The weight loss journey

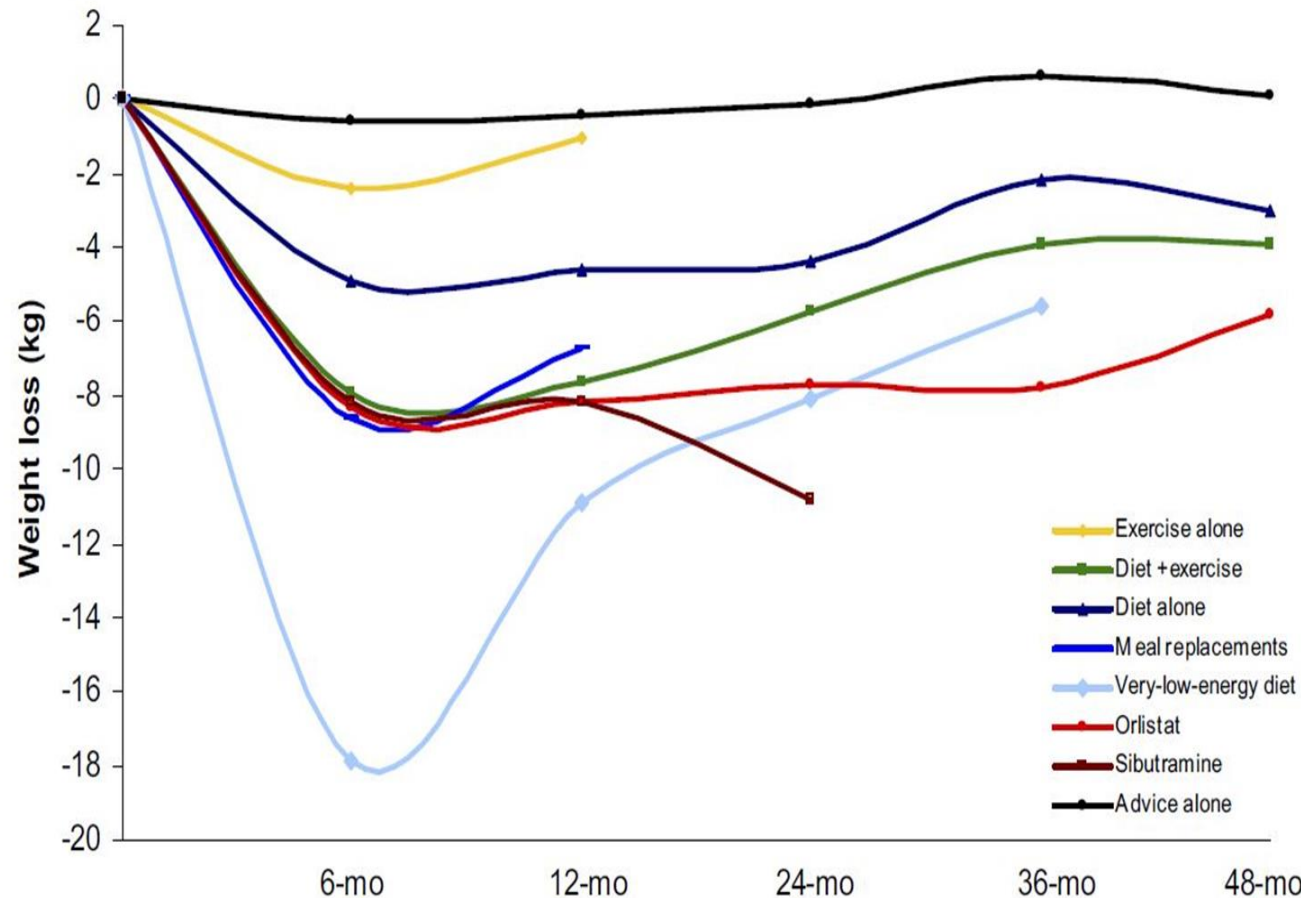


Figure 1. Average weight loss of subjects completing a minimum 1-year weight-management intervention; based on review of 80 studies (N=26,455; 18,199 completers [69%]).

Franz, et al (2007). Weight-loss outcomes: A systematic review and meta-analysis of weight-loss clinical trials with a minimum 1-year follow-up. *Journal of the American Dietetic Association*, 107(10), 1755-1767.